

# **Abstract**

## Title:

Options affect muscle hypertrophy in men age 20 25 years in the fitness centre.

## Method:

Laboratory evaluation of body composition (bioelectric Impedance Analysis) and anthropometric measurement of muscle mass.

## Results:

H1 Volumetric training significantly increased body weight, H2, passing the volume of training significantly increased muscle groups of districts reporting, H3 After completing training, the volume change of FM and FFM in the same order of magnitude ratio - 2:1. H4 After completing the training volume ratio of ECM:BCM linear placements the same as during the initial measurement). The proposed program increased the total weight of 8.9 kg. Similarly, the districts reporting increased body parts. Expected FM:FFM was higher than expected. H1, H2 and H4 is confirmed.

## Keywords:

Volume training, 20 men 25 years, bioimpedences, body composition, fitness centre, hypertrophy

## Objective:

The aim of this work is to create individual training macrocycles. Theme on volume training in the fitness centre. This volume training plan aims to increase the growth of active muscle mass and muscle mass.